



BEAUTY- A DUTY

May Irwin Norwalk



BEAUTY- A DUTY

May Irwin Norwalk



PL 215
C. M. P.

RA778
.N8

TRANSFERRED FROM
COPYRIGHT OFFICE

MAR 10 1922



JUN 27 1921
MAY 10 1922

COPYRIGHT, 1921
BY
MAY IRWIN NORWALK



By Way of Preface

It has been my conviction for many years that true beauty is the natural expression of health, just as vitality, grace and charm are natural attributes to health.

I have made this a twenty-year study, consulting doctors, dentists, physical educators and health authorities, who are recognized leaders in their professions, and have their unqualified corroboration that beauty must be produced by physical well being before it can be preserved by superficial attention.

I have therefore devoted this book first to the means of acquiring beauty through the development of health, then to the preservation of beauty through the maintenance of health and the perseverance of care.

For their kind assistance and endorsement, without which I could not, with complete assurance, vouch for the authenticity and proved beneficial results of every suggestion in this book, I beg to express my grateful indebtedness to Dr. J. Campbell, Dr. M. Cooley, V. S. Durrant, Dental Hygienist, also to another well-known physician, and to an important physical educator.

(Signed) MAY IRWIN NORWALK



What This Book Tells About

1. You Can Be Beautiful.
2. The Primer of Health.
 - a. Posture and Poise.
 - b. Healthful Breathing.
 - c. Restful Sleep.
 - d. Cleanliness.
 - e. Food and Diet.
 - f. Exercise.
3. The Importance of the Right Clothes.
4. A Youthful Complexion.
5. Healthy, Luxuriant Hair.
6. Eloquent Eyes.
7. Strong, Glistening Teeth.
8. The Hands—from Wrists to Fingertips.
9. Beautiful Arms.
10. The Normal Foot.
11. The Woman Who Would Gain Weight and Strength.
12. The Woman Who Would Lose Weight.





YOU

Can Be Beautiful



ARE you as beautiful as you would like to be? No? Then you are not as healthy as you can be. This is the only reason. Does it startle you? It should.

Beauty does not come in jars or fancy bottles, in tubes or boxes. It comes from the woman within you when she is conscious of the fullest development of her physical and mental potentialities. No great painting was ever made with "finishing touches." They can embellish art, but they are not art. The conception and the execution of the

painting comes first. So with yourself. The fluff of a powder puff or the point of a lip stick can adorn beauty, but beauty itself is the reward of healthful living and rightful thinking.

Pull your chair up close to the window, look into your hand mirror and study your reflection. What are those fine little lines etched like a delicate cobweb at the corners of your eyes? Why do you compress your lips so tightly? Why that lustreless, inanimate look in your eyes? Whence that waxen pallor in your cheeks? The gloss of your hair seems shadowed with a mist—a mist that veils the skin of overripe fruit. Are you content with what the mirror tells you?

Lotions and preparations may hide these things, but only you can change them. Hidden to-day, they will be there to-morrow to be hidden again. And then a to-morrow will come when they can be hidden no longer. But you have the power now to banish them, to exchange them for the soft appealing loveliness of youth. Look into the mirror at the woman that you are. Gaze into your dreams at the woman you long to be. Then so live that the image of your dreams may fuse with your reality and the two become one!

Have you ever seen a plant, stretching its roots out of an earthen pot, lifting its head in a shadowed room, its growth impaired, its vitality gone? Have you ever seen such a plant taken from its stifling atmosphere to a garden where the soil is rich and the sunshine glowing, and extend its roots down deep into the nourishing ground, lift its head toward the light and drink strength and health and beauty? It is the difference between being alive and living!



Stop merely being alive and begin to live. The best cosmetic is the outdoors, the best tonic is the sunshine—do you get enough of both? The greatest stimulant is thought, the greatest medicine is work—do you do enough of either? Enough means until your breath is deep and the crimson of health flushes your cheeks, until you hold your head high with the joy of life and look about you to absorb the beauty of things, until your alert mind never ceases to be eager for knowledge, until no task seems too great for you to do.

If you do not know vitality such as this you are not beautiful, even if your features are as perfectly modeled as a statue. Beauty of woman is not merely the shape of a nose, the arch of a forehead, the curve of a chin. That is beauty in cold marble. Beauty in woman is the sparkle of the eye, the gleam of white teeth, the moist vermilion of the lips, the soft wave of the hair.

Beauty is more fundamentally important to woman today than ever before in history. This is woman's era. In no previous age can her achievement or development be compared with the present. She has proved herself capable. Recognition of her ability has been her justifiable reward. But what she has gained by the dynamic force of her brain she must hold by the subtle power of her beauty. Men will not suffer the charm of women to die. It is their moral obligation to maintain it.

Take inventory of yourself now. Do you carry the responsibilities of a household? Are you permitting them, through lack of complete systematizing, to steal away your leisure? Are you a business woman? Have you let yourself become grist in its relentless mill, slave to a schedule of daily detail, unmindful of a social life? Or have you neglected to discover its possibilities and your possibilities and continue to hold your position only for the clothes and comforts its remuneration affords?

Are you a woman of leisure? And have you permitted your leisure to bore you, your friends to annoy you, your home to distress you?

Analyze your environment and make a conscious effort to adapt yourself to it. Improve your mental attitude. You can. It is as easily done as said—if you are in earnest. Do not let your household cares submerge you. Regard your home as your pride, but let its care be only one of your many responsibilities. Take time off for yourself. The house will be there when you return. If you are a business woman, keep your eyes and ears open and learn as much about your business as you can. Make yourself valuable to your business and your business will make you valuable to yourself.

Do not neglect your social life for your business. On the other hand, do not disregard your business for the butterfly pleasures of society. If you have the precious gift of leisure, fill your time with sport, surround yourself with friends, make yourself helpful to others, cultivate a hobby. The world will seem a bigger, better place to live in. You will be a bigger, better person to live with. The new pleasure you take from life will be given back to you a thousand times by those who come in contact with you.

And now—come out of those four walls that hold you in. Come out into the open as much and as often as you can—out into the air and sunshine, or rain, or snow. Learn the value of rest and relaxation. Learn the pleasure of exercise and sport. Learn the happiness of health, and realize that beauty follows inevitably.





The Primer of HEALTH



ONE evidence of health is the ability to forget it. Another is the desire to remember it. For health is more than merely an absence of aches and pains and physical unpleasantness. Real health is vigor, vitality and energy, abounding and overflowing. The overflow of health is beauty. It is as futile to hope for a

beautiful face with an unhealthy body as it is to expect a stalwart building on a delicate foundation. These are the foundation stones of health and the stepping stones to beauty:

- A. Posture and Poise.
- B. Healthful Breathing.
- C. Restful Sleep.
- D. Cleanliness.
- E. Food and Diet.
- F. Exercise.

Do they seem too simple to be of so great importance? Too much a part of your present every day life and habits to hold the basic secrets of health and beauty? It is just because you have considered them so simple that you have neglected them. It is because you have thought them so familiar that you have overlooked them. Do you think you are fair with your health just because you sleep with your windows open, bathe frequently, go to bed when you are tired, eat sufficient food and stroll in the open occasionally?

Proof that you are not sufficiently attentive to your physical well being is evident. The shadows are creeping under your eyes. Your posture is ungraceful. Your shoulders are drooping. Your vitality is ebbing. Yet, waiting, at your service, twenty-four hours every day are your windows, your bathtub, your bed, your icebox, your wardrobe and all outdoors. You are permitting yourself to suffer the difference between using them with the monotony of routine, and using them with the enthusiasm of well regulated system.

These may be supplemented with the health-giving pleasures of sport and exercise, but they themselves are fundamentals of well-being. Redundant health may be enjoyed only through an appreciative familiarity with them.

Posture and Poise



WOMAN'S posture is the expression of her state of mind. A hollow chest, relaxed shoulders, a drooping chin, downcast eyes, these are the silent gestures that translate a dejected spirit. Erect shoulders, an expanded chest, a well poised head and eyes that "look the whole world in the face," these express more poignantly than words an alert mind and a healthy body.

Study your posture in front of a full-length mirror. A side view tells the story. How do you carry your head? Do you permit your neck to lean forward and your head to tip backward toward your shoulder blades? Do you allow your head to droop as if your spine had lost its vitality about half way up your back? Do you draw your head in so that a layer of loose fat—the condemned double chin—forms at your throat? Then it is time for you to correct your posture. The ideal way to carry the head is tipped neither forward nor backward, but balanced so that the line of the neck and chin forms a single, well arched curve. Look at something straight ahead of you. Draw your chin in ever so slightly. Now you have it!

NOTICE YOUR CHEST AND SHOULDERS. Do not project your chest forward, but raise it up—up, not so high that you feel a conscious strain, but just high enough to make your head feel naturally well poised when your eyes are leveled at an object straight before you.

Now draw your shoulders back until you feel the pull between your shoulder blades. Did you notice how much

further than usual you could go? Just think, then, how you have permitted them to slouch. Now relax them until you have released the tension. No, don't raise them—don't let them droop—just hold them at a natural level, but back a bit, giving your chest room. Now peep at your reflection in the mirror. How much better your head is poised! It does make a difference, doesn't it?

Most women are in the habit of looking in a mirror when standing squarely in front of it, then facing about and with a small hand glass, noticing the effect at the back. Very few women are familiar with a side view of themselves. Many would be surprised. A side view reveals the carriage of the hips and abdomen. Do you permit your abdomen to protrude, giving a long, hollow curve to your back? Do you draw your abdomen in too far, giving prominence to the lower part of your back and forward tilt to your body? These deep curves are not beautiful. The natural curve of the spine is a gentle curve.

The sagging posture gives a forward curve. The constrained posture gives a backward curve. Both are not only ungraceful but also ungainly. If you draw in the abdomen slightly and raise the body consciously upward those deep curves will become shallow curves and the contour of the body will preserve its youthfulness instead of becoming set and matronly.

THE POSITION OF THE FEET determines the position of the body. Feet that are too close together throw the body out of balance by giving it a base that is too narrow. Feet that are too far apart give a squatty clumsiness to the figure. Stand with the two feet squarely on the ground, almost touching, with the toes apart ever so slightly. Let each foot carry half the body's weight, and let that weight rest its pressure upon the balls of the feet.

NOW, ALL TOGETHER—feet well placed, weight evenly balanced, abdomen in, back erect, shoulders back slightly, chest high, head well poised with eyes level—aren't you conscious of a new feeling of strength, of determination, of firmness? Don't you feel that you can live better if you stand that way all the time? Think about it as often as you possibly can. Then do it. It is worth the effort.

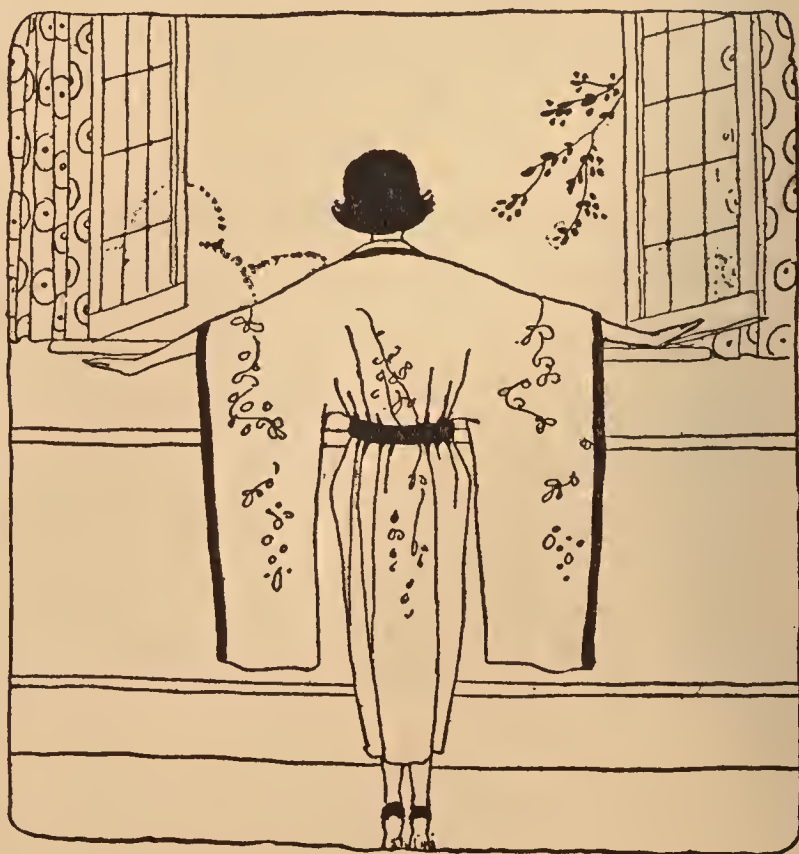


Healthful Breathing

IF you stop breathing you cannot live. If you only half breathe you only half live. If you breathe pure fresh air with your full lung capacity all the time, you live vitally, dynamically. It is as simple as a primer. Yet the great majority of women only half live because they only half breathe!

THINK ABOUT THE WAY YOU BREATHE, cultivate correct breathing earnestly and it will become a habit. When you rise in the morning, throw your window all the way up, stand in front of it for a moment and take half a dozen deep breaths of clean, fresh, early morning air. Two minutes will suffice, but do it—every morning—and don't forget it. Stretch your hands high above your head as you inhale, lower them slowly as you exhale. Extend them way out to the sides and let your lungs expand. Rise on your toes, raise yourself up, up, give yourself room inside, then let the air pour into every little crevice. How wide awake you will feel after it!

Think about it when you pass by a window during the day. Raise the sash a little higher. Stand in front of it for just a moment. Fling your arms wide and fill your lungs with air, twice, three times. It is revitalizing.



AIR is as fresh and health-laden at night or on rainy days or snowy days as when the sun is shining. Protect yourself from dampness and draughts with sensible clothing, but do not avoid the air. Go in quest of it. When you are walking, inhale long draughts of cool air. Feel it enter every part of you. People who breathe deeply all the time are never short-winded. Correct breathing is the greatest preventive of colds and all bronchial troubles. The heart is the battery of circulation, but the lungs charge that battery, and the kind of blood that surges through every vein and artery in your body depends entirely upon the kind of air that is pumped into your lungs to furnish power to the action of your heart. That is why those who breathe deeply do not shiver when the first north wind of winter blows. For in their veins warm blood flows fast, not only around the restricted area of the vital organs, but all the way to their toes and fingertips and lips.

Make use of the air and you will not have to make use of artificial means of bringing color to your cheeks or sparkle to your eyes.





Restful Sleep



AVE you ever watched a fountain playing in the sunshine? The jeweled bubbles leap into the air like a glistening rainbow then fall and merge with the water below, just for a moment—as if to gain strength and energy for the next shimmering ecstasy.

The moments when those bits of water become one with the pool are like the moments of sleep when the human mind becomes one with eternity. Without returning to the pool they could not rise again. Without returning to your bed

every night of your life you could not rise refreshed to work, to think and to live again. Next to air and food, sleep is the greatest requisite of the human body.

Sleep is the simplest, most natural physical function. Sound sleep is as much a result of health as it is a cause of health, for if one is not healthy one cannot sleep well, and the converse is true that if one does not sleep soundly one cannot be healthy. Sleep is the source of strength, the elixir of beauty, the preserver of youth.

SLEEP CANNOT BE FORCED. If you go to bed after intense strain or excitement, sleep will not come. If you retire with a fear of being unable to sleep, your fear will be justified. If you are over-tired, hungry, too warm, too cold, or if your room is poorly ventilated, sleep will be difficult. A natural function can be performed only under natural conditions. Comfort, complete relaxation, fresh air, and a mind free from worry are necessary to refreshing sleep.

A feather bed is not the consummate expression of comfort. A well built mattress that does not sag anywhere, a mattress that is soft enough to yield to the body, yet firm enough to support it, is the right mattress. One pillow is generally necessary for comfort. Too many pillows throw the head forward and induce a double chin. Sleeping without a pillow often causes too much circulation in the head. Bedding should be light in weight, but warm, and should be put on the bed smoothly. Time spent in making a bed properly is not wasted. The windows of the bedroom should be open, no matter what the weather. But here exercise judgment. Windows should be open from the top in order to allow the foul air to go out and from the bottom to permit the pure air to come in. Do not let a strong wind blow directly upon you. It may cause stiffness. Let the opening at the top be double that at the bottom. Do not sleep in a

draught. Try to place your bed so that you are not directly under the window in a breeze, but in the centre of a freely circulating current of air,

How many times have you partaken of a midnight repast of indigestible delicacies saying, "Oh, I know it's wicked to eat these things just before going to bed"? Self inflicted punishment is not a lark. A little restraint will mean a whole lot of comfort. Healthful sleep is as impossible on a full stomach as on an empty one. If you are retiring too long after dinner time, it is wise to take a little warm milk and crackers or something else easily digestible. Sometimes sleep does not come simply because the body needs food.

YOU CANNOT MAKE UP A DEFICIT IN SLEEP as you can make up a deficit in a bank account. Sleeping late in the morning will not afford the same benefit as going to bed early at night. There is no law as to how many hours of sleep are really necessary. Seven or eight hours suffice for most women, but the number of hours is less important than their regularity. An habitual bedtime and an habitual rising hour are health habits. If they are both early hours they become beauty habits.

You have heard the expression "Beauty Sleep." All sleep is beauty sleep. When you lie in bed, relax every muscle, do not clench your fists, do not pull up your knees, do not squeeze your eyelids tightly—relax every muscle. Let your body take its own fine, free, natural lines. Rest. Sleep that is rest is beauty sleep. An hour before midnight is worth two hours after midnight.

DURING THE DAY a healthy person does not require sleep, but a few moments of repose and relaxation will often take a daytime tiredness out of you. When riding in a car, or while waiting for a number at a telephone, close your eyes. If you have a minute to spare, sit down in a chair and

loosen the tension of your body. Lower your eyelids. Think of nothing. You will rise refreshed.

SLEEP IS THE TIME FOR REST, relaxation, restoration and repair. If you abuse sleep, you steal your own beauty. Rest and beauty thus lost cannot be regained.

If you have an evening engagement and wish to appear at your sparkling best, arrange your time so as to spare twenty minutes to half an hour for rest before starting to dress. Then really rest. Lie down flat on your back so that every part of your back touches the bed. Let your hands relax at your sides. Close your eyes softly without pressure at the eyelids. "Do not hold the bed—let the bed hold you."

This will prepare you for a vivacious evening. Twenty minutes of rest a day chase years of age and cares away.



Cleanliness



HE Saturday night bath in the tin tub is not a relic of medievalism, but a well remembered experience in the lives of many modern women. Surely the greatest revolutions of the human race are those that happen silently! For to-day it is hardly necessary to advise a woman to bathe daily. The patented tooth brush and the tooth paste or powder packed in sanitary tubes or bottles are innovations of the twentieth century. There are few women to-day who need to be reminded that the twice-a-day use of tooth brush and dentifrice are health necessities. Women have developed a personal pride that is dissatisfied with anything that savors of the unclean.

It is not an introduction to soap and water, therefore, but a word of information concerning their most advantageous use that the modern woman requires.

THINK OF YOUR SKIN AS AN ORGAN, secreting impurities, replacing worn out cells, living and breathing. If the pores are closed, the skin can neither breathe nor discharge waste. Bathing is the only operation that permits the skin to function naturally. Bathing at regular hours trains the skin to regular habits and it will always be healthy and sweet and clean.

THE BENEFITS OF A HOT BATH with plenty of pure soap, can hardly be overestimated. Warm water not only cleanses the skin, but relaxes the nerve tension of the entire body. It induces calm and invites sleep.



LATHER THE BODY THOROUGHLY and use a long handled brush with medium hard bristles to rub away the soil and waste from the skin. For tender skin, a coarse Turkish wash cloth is adequate. A warm bath not only makes one clean, but makes one feel clean—and the sensation is luxurious. Do not remain in the bath more than ten or fifteen minutes. The steam arising from hot water is likely to cause dizziness and the heat of the water itself will make your skin soft and flabby. Skin that is softened every day by steaming water soon becomes subject to wrinkles. Moreover, too much hot water can debilitate the nervous system. To overcome these enervating effects, follow the hot bath with a cold shower. If for any reason your nervous system does not respond to the stimulating effect of the cold shower, let the hot water run out of the bath tub slowly, turn on the cold water and permit it gradually to lower the temperature of the water. Stay in the tub until the temperature of the water is as cool as you can comfortably enjoy it.

THE SHOWER BATH is the most delightful and healthful daily habit if the nervous system is in good order. If it is indulged in every morning, it will give vigor to the body and beauty to the face. Let the water run medium warm, stand under it, and lather the body thoroughly. Turn the cold water faucet just a bit further so that luke warm water rinses off all the soap suds. Then turn off the hot water completely, and let the fresh cold water pour over you, a few seconds the first time, then another few, until you can stand for almost a minute without feeling chilled. Then take your big Turkish towel and rub! Feel your blood race through your veins and suffuse your skin with a rosy flush! Watch the color mount to your cheeks. Enjoy the health tingle. The tiredness will all be gone, superseded by a new early morning vitality. You will be ready for a new day.

If you derive pleasure from a real cold shower or plunge, take it. It is a wonderful tonic and stimulant. But the only one who can tell whether it is good for you or not is yourself, for you know whether you feel invigorated or depressed after it.

NEVER TAKE A BATH IN A COLD ROOM and never expose yourself to draughts immediately after bathing. When the pores are open the body is susceptible to chill. You have often been advised not to bathe too soon after eating. Do you know why? The blood and energy of the body is then concentrated near your stomach, trying to digest the food that has just entered your body. The stimulating effect of a bath at the surface of the body withdraws the blood from where it is required and indigestion follows. Let your digestive system perform its necessary work first. In other words, wait at least an hour after eating before you take a bath.

The Turkish bath is cleansing, stimulating and refreshing. It should not be indulged in more than once a week. Care should be taken not to expose the body to cold afterward.

If you do not neglect the corners when cleaning your house, do not neglect the crevices when bathing yourself. Bathe completely. Cleanliness is the greatest feminine charm. Without cleanliness, beauty is no virtue.



Food and Diet



HERE are hundreds of books on diet, and thousands of books about cooking. Yet one might read them all from cover to cover and still be unfamiliar with the common sense of food and drink, which, epitomized in a single sentence, is—eat only when you are hungry and drink even when you are not thirsty!

THREE MEALS A DAY are essential to perfect health. The amount eaten at each meal should be determined only by one's appetite and reaction. If you are accustomed to a mid-day dinner, breakfast and supper should be light. If you take dinner in the evening, breakfast and luncheon should be light. Over-eating is a physical offense. Eating between meal exhausts the energy of the stomach so that it cannot function properly when it is required to digest a regular meal. Eat regularly. Eat a simple breakfast—fruit, cereal, eggs if you wish them, toast and a hot drink. Do not eat meat for breakfast. All your early morning energy will concentrate itself on your digestive system and leave very little vitality for your brain. If the cup of coffee you drink at breakfast time is the only one you take during the day, it will not harm you. But, just as a test, try to do without it for one or two mornings. If you feel dull or oppressed with a headache, the coffee is acting as a stimulant and should be stopped until such a time as you can depend upon fresh air and exercise to give you the proper stimulation and vigor. Then drink coffee simply to satisfy your desire for a warm drink at breakfast time.

EAT LUNCHEON. Many women who are at home

alone during the mornings neglect to provide luncheon for themselves, or else take a hurried cold repast of something left over from the night before. This they do three or four days a week, the other days making luncheon engagements and feasting on elaborate noon-time spreads. There is no more certain method of courting indigestion. Take the trouble to prepare your luncheon, no matter how simple its character. Have something palatable, not a makeshift, for only food that is palatable is digestible. If you are at business, choose your eating place with consideration for the quality of the food rather than for the artistic appearance of the dishes. Generous portions of wholesome food are worth more as a diet than "atmosphere."

It is a fallacy to believe that one can eat a late luncheon, stop for tea about four-thirty and then enjoy dinner at seven. Appetite does not return so soon after it has been satiated. It is most beneficial to come to dinner hungry, to eat sufficient food, and to have the courage to leave your dessert if you feel satisfied before it reaches the table.

If your dinner hour is at seven and you remain awake until eleven or later, eat some fruit, crackers or other light food rather than go to bed hungry. Extravagant spreads before bed time are poisonous. Your digestive organs do not delight in working overtime any more than you yourself, and they are quick to rebel.

DRINK WATER. Drink it whenever you think of it, even if you are not thirsty, with the single exception of not drinking during meals. Do you realize that three-fourths of your body is water? How can you expect to maintain its form and proportions if three-fourths of your diet is solid food? A glass of cold water immediately after rising is a tonic. Avoid iced water. It chills the stomach. Drink plenty of cool, refreshing water between meals and you will

enjoy a healthy complexion, limber muscles and supple joints.

Advice on the subject of diet is incomplete until one is reminded of the old but valuable adage:

“An apple a day keeps the doctor away.”

You may add an orange to make the prescription doubly effective.





Exercise



MODERN life is far too sedentary for good health. Women sit at bridge parties, sit at the theatre, sit and entertain their friends, sit and read at home, sit in an automobile to be transported about town—sit, sit, sit, and never a bit of exercise! The woman who does her own housework sits down to rest when she is finished. The woman who sits all day at business comes home at night and sits down for relaxation. And then we wonder why our cheeks are sallow, why we become tired quickly, why we have headaches, and why the schedule of our daily lives seems a little lacking in variety.

The blood supply runs low, the organs become congested, and the vitality of the body ebbs from lack of exercise. The improvement in one's physical condition, in one's looks, and in one's mental attitude from a little regular exercise is so miraculous that it is almost impossible to believe that so many women lack the will power to follow a simple program of exercise and sport.

Tomorrow morning, the instant you open your eyes,

jump out of bed, throw open the window as far as it will go and take ten deep breaths, raising your hands slowly as you inhale, lowering them slowly as you exhale. Fling your arms up over your head ten times, bringing them downward each time at the sides. Now bend your elbows so that your finger tips touch just in front of your chest, then extend your arms sideways keeping your head high, so that you feel your chest expand and your shoulder blades contract. Do this ten times.

Now stand with your feet wide apart. First bend your body forward from the hips, letting your arms swing down between your legs. Second, straighten the body, raising your arms high above your head. Third, stretch your arms out to the sides and bend sideward touching the floor with one hand. Fourth, return to an erect position. Do this ten times, alternating five times to the left and five times to the right.

Now stand upright, put your hands on your hips, rotate your body from the waistline. This will relieve the congestion in your organs. Then keeping your hands on your hips, rise on your toes and bend your knees, being sure to maintain a good balance. Practice until you can do this ten times without losing your balance. Lastly, hop twenty times on each foot. With a few more deep breaths you are finished. You will feel the blood leaping through your veins. You will want to start the day's work without a moment's delay.



This should take about ten minutes. If you do each little exercise earnestly, the time will prove the most valuable ten minutes of the day. Try it again before you retire. You will sleep much more restfully.

WALK! There, in one single word, is the index to better health. Walking is the one sport in which every woman may indulge. You do not need special equipment for it. You do not need a special time or place for it. You can do it alone, with a comrade or with a crowd. Get out into the open. Breathe deeply. Hold your chest and your head high. Weight forward. Walk with a destination or without one, but walk as if you had one. Don't stroll. Don't race. Wear comfortable shoes and comfortable clothes and go!

Feel the tiredness drop away from you. Feel clean thoughts and new ideas brush the cobwebs out of your brain. Feel yourself pulsing with a new vitality. Feel yourself vibrant with new hopes and new ambitions. Walk anywhere. Rise a bit earlier in the morning so that you can walk to the next station before taking your train. If you own an automobile do not always have it meet you at your door and bring you back to your door. Leave it behind some time or meet it half way. Shun conveyances for short distances. Walk, walk at any time. Walk in the country if you can, in the daylight hours if possible, but walk. Try



one mile today. You will want to walk two tomorrow. Then three—that's it! You will feel the strain in your legs a bit at first of course, but then you will feel the surge in your lungs, your muscles, in your appetite, in your complexion. Make walking a habit and feel health rise within you. Walk! Walking is the exercise that preserves youth to the youthful and restores youth to those who are threatened with losing it. If you cannot sleep, walk, and enjoy physical fatigue. Sleep must come when the body requires it. If you cannot eat, walk, and enjoy the appetite that must come when the stomach is empty. If you are low spirited, walk, and enjoy the pleasure that must come when the body is flushed with the glow of exercise.

Walk and learn the brisk freshness of early morning, the peaceful calm of twilight, the soft intimacy of night. Walk and become acquainted with new places and new faces. Walk right out of the valleys of your every day existence and climb the hills of a bigger and better life. Walking is the highroad to health, and the byroad to beauty. Walk!

If you do the little ten minute drill morning and night, and walk whenever possible, it is not absolutely necessary to spare time for the other sports. But, if you have the time, every sport is a forward march on the road to health and beauty.

GOLF is a fascinating game that makes walking attractive. Moreover, it is excellent exercise. If you once induce yourself to arrive at the golf course, it is easy to cultivate the habit and become a "fan." You will want to develop proficiency—and that means exercise, and sport, and health.

TENNIS and ROWING are strenuous, but they are both splendid exercises. The most enjoyable thing about all sports is that, as soon as you persuade yourself to make the

initial attempt, you want to indulge again and again. The spell of the sport takes hold of you. You learn the difference between near health and real health—the health of out-of-doors.

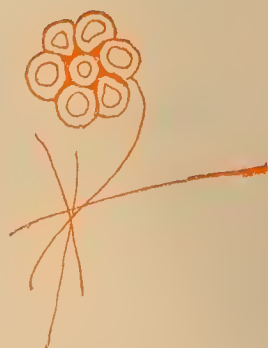
HORSEBACK RIDING is a capital exercise, especially for those who are trying to reduce. An important thing to remember is to have adequate support about the abdomen. Then ride—and know the sport of kings.

SKATE ON THE ICE in winter time. There is nothing so keen as the tang of the winter air—nothing so invigorating as bending your body to the wind and sailing over the smooth stretches of clear ice, no appetite so wholesome as that which follows an hour or two of skating.

LEARN TO SWIM. This is not merely one of the most healthful of exercises, and most enjoyable of sports, but it is an essential to safety. Learn how to swim and then swim! It reduces the flesh, produces grace and induces health!

THE REMEDY FOR MENTAL STRAIN is not rest but relaxation through physical activity. The antidote for housework is out-of-doors exercise. Go in quest of exercise and sport and you will never have to go in quest of health, beauty or good temper. And then remember:

*“Rest is not quitting the busy career;
Rest is the fitting of self to its sphere.”*



The Importance of Right **CLOTHES**



HAVE you ever observed a woman in quest of a new frock say, "I want something individual, something different."

"Yes, madame, I have just what you want—it is the newest thing and all the smart women are wearing it."

"Oh, that's exactly what I want," replies madame.

Because "all the smart women are wearing it," she convinces herself that she can wear it with individuality and distinction.

She cannot. She can merely be dressed in the height of fashion—gowned and outfitted according to the mode of the moment. But if she is dressed in the fashion of good taste, the passing of the moment will not stamp her clothes with antiquity.

You have known women, have you not, who have many clothes by actual count, but whose every costume is so ultra in fashion that its novelty wears off at the second appearance? And then you have known other women who appear to be well dressed at all times. Yet, if you stop to take count of the clothes that they possess, you find them to number comparatively few. This is the difference between being conspicuously modish and inconspicuously well dressed. The second is the secret of good taste known to the well-bred woman.

The woman of refinement is not dominated by her clothes. She cultivates herself first, and then chooses clothes that harmonize with and interpret herself rather than advertise herself.

She cultivates the pleasing rather than the compelling in design, the restrained rather than the resplendent in color. She insists upon good taste rather than novelty in all things.

It is not only a woman's privilege but her duty to be as well dressed as possible. Learn therefore to discriminate and choose those creations of fashion which you are certain will not only answer to the question "Is it smart?" but also to the critical query, "Is it refined?"

Next, choose your clothes with a sense of the fitness of things. Anticipate the occasions for which they will be worn and select your costumes with regard for their appropriateness.. Reserve bright colors only for evening and sports wear. Because some brilliant shade happens to be a fad, do not commit the indiscretion of selecting it for a town or daytime costume. It may be inappropriate, unbecoming and impractical. You would probably tire of it quickly. Select fabrics with discrimination, exercising care to have them in harmony with the fashion.

It is interesting as well as encouraging to note that of recent years women of recognized taste are becoming more sensible with regard to the selection of day clothes. The favor which has been accorded the sports costume is partly responsible. For it is the freedom of the sports costume which has been introduced into the daytime fashion.

Tailored suits show more simplicity of line, a definite relaxation from anything masculine or rigid, a definite departure from the elaborate—commendable because of their excellent practicality, yet distinctly smart and becoming. Tweeds, woolen textiles with rough, unfinished surfaces,

worsted Jerseys in heather mixtures and kindred fabrics make these town suits. They are not extravagant in price, yet women who wear them are distinguished as well dressed.

The fashion of the topcoat also illustrates this tendency toward preserving smartness while introducing freedom and practicality. This is a loose, usually belted, coat without embellishment of any kind, also made of a serviceable woolen textile, to be worn over a dress or suit. It is more than a fashion—it is a convenience.

Low heeled Oxfords—not the blunt toe affairs that once bore the stigma “orthopedic”—but well lasted, sports-like, comfortable shoes are worn by the smartest women.

Hats of soft fabrics without any stiffness, hats that fit closely, yet are as different from the straight-laced turban of old as they are from the picture hats of yesterday, belong in the category of these comfortable yet engagingly smart fashions.

This serves to illustrate the type of clothes that is identified with both smartness and good taste. The same good taste can be expressed in clothes for more formal wear. But in all instances select your clothes with a fine regard for simplicity and restraint, making use of the prevailing vogue to guide your choice of line and the little finishing touches that mean so much—but never let what “they are wearing” be the law that determines what you will wear.

Since it is undeniable that clothes can definitely improve a woman’s appearance, it is well worth while to spend a little time deciding what is the best type of clothes for your individual self, what are the most becoming colors, what you can wear most advantageously. It is an art to select the right dress, the most becoming hat, the shoes that complete the costume—and create not only a smart ensemble, but particularly *your* costume. It is an art worth

mastery, for the reward is a justifiable self-pride and the approbation of others.

It would be ridiculous to attempt to lay down laws regulating the clothes and the colors becoming to certain types of women. For as soon as one attempts to dress one's type, one is no longer dressing oneself. Remember only that the well dressed woman is smart because her clothes are in harmony with herself. She is particular about the details of her costume, such as the scrupulous cleanliness of her gloves and the orderliness of her shoes. She is never conspicuous by the clothes she wears. Above all, the subject of dress is no more obtrusive in her conversation than are clothes themselves on her person.





A YOUTHFUL COMPLEXION



WOMAN with a poor complexion is a woman without charm. The symmetry of her features, the color of her eyes, the softness of her hair, the curve of her lips—even these give her no true claim to beauty if her skin is not radiantly clear and free from blemish. On the contrary, if a woman's skin is smooth and white, suffused with pink at the cheeks, innocent of wrinkles delicate in texture, it will shed glory on plain or even irregular features.

A poor complexion is a social stigma. A woman who is conscious of an ugly skin will seclude herself from society in order to hide her face from critical eyes. One cannot meet people without showing one's face, and the disapproving glances of others are more cruel than one's own

mirror. A poor complexion does not permit a woman to forget it for a single moment. She is never at ease, she can never become wholly interested in anything else. She is so sensitive that every glance seems condemnation. The mental pain exceeds by far the physical discomfort. A poor complexion is a confession of unwholesome habits and lack of will power. Healthful habits will keep the complexion clear. But should it become blemished, persistent effort will restore its freshness. There is no excuse for a poor complexion!

LAZINESS, LATE HOURS AND RICH FOODS are the three enemies of a healthy complexion. Get outdoors more often and stay out longer. Fresh air is the first requisite of a clear skin. Exercise! Systematic exercise that stimulates the circulation is absolutely necessary if you would drive the impurities from your skin. Retire early. The benefits of regular rest are first manifested by freshness and youthfulness of complexion. Avoid highly sweetened or highly seasoned foods. A maltreated stomach takes vengeance on the skin.

SATIN-SMOOTH SKIN, faultless, delicate, flushed with health glow—this is what every woman desires. This can be your skin, your complexion. It is worth the effort. Begin now, no matter what the condition of your skin, and do not relax your persistence until you can say it over to yourself with pride “satin-smooth skin, faultless, delicate, flushed with the health glow—yes, that is my skin!”

Warm water, pure soap, a soft-bristled complexion brush, and a Turkish towel are the first requisites. To be healthy your skin must be clean. Wash your face thoroughly with the smooth, soft warm lather. Then take your complexion brush and rub, slowly, carefully, upward and outward, until every pore is cleansed and your face feels the stimulated circulation. Now dissolve every par-

ticle of soap in luke warm water. Then dash cold water over your face, brisk and refreshing. A bit of ice with a few drops of benzoin, folded in a towel and rubbed over the cheeks will flood them with color. Dry your face with a Turkish towel, but do not rub it hard, for the skin of the face is tender. A little witch hazel applied with a piece of absorbent cotton is healing, and acts as an antiseptic. While trying to better your complexion, limit your cosmetics to a simple, pure vanishing cream and a good face powder. The vanishing cream provides a smooth surface for the application of the powder, which is otherwise likely to stick to the face in little patches.

THE CORRECT SOAP for your skin can be determined only by yourself. Choose one that leaves your skin feeling clean and smooth and soft. If there is the slightest burning or drawing sensation, the soap is too strong. Pure Castile soap is the safest and best for the greatest number of complexions. Scented soaps are costly without being beneficial. Choose a complexion brush with bristles that are just stiff enough to stimulate circulation, and not stiff enough to make the skin sore or rough. Buy a good cold cream to soften the skin after exposure to the wind and dust. The best creams are made of good vegetable and almond oils, which are expensive. A good cream therefore cannot be cheap. Choose a vanishing cream that absorbs and permits powder to be applied smoothly over it.

WASH THE FACE THOROUGHLY before retiring, making sure that no trace of powder and no speck of dust remains in the pores over night. When the face has been thoroughly cleansed and softened with warm water, the following lotion, rubbed gently into the pores will keep the skin soft and delicate. It should be used every night before retiring.

Tincture of Benzoin, 1 dram,
Spirits of Camphor, 1 dram,
Orange Flower Water, 1 dram,
Gelatin, 4 drams,
Powdered Alum, 15 grains,
Glycerin, 2 ounces,
Mutton Suet, 8 ounces.

Dissolve the alum in the orange flower water, add the gelatin and soak until the latter is thoroughly softened. Then add the glycerin and heat on a water-bath until the gelatin is dissolved. Melt the suet and add it to the gelatin solution, very slowly, stirring constantly. Stir in the remaining ingredients in the same manner. Then remove from the heat, and with an egg beater beat briskly until it cools.

This is a tonic for the skin, and it will keep the complexion youthfully free from wrinkles. You will be gratefully surprised at the exquisite quality of your skin if you use it faithfully.

IF THE PORES ARE ENLARGED, add twenty drops of benzoin to the water when washing. Rub the face with ice before drying, and apply a little witch hazel afterwards. This acts as an astringent and leaves the skin smooth and soft. A simple and excellent lotion for daily use to give the skin a velvety texture is:

Almond Milk, 1½ ounces,
Eau de Rose, 6 ounces,
Benzoin, 5 drops.



BLACKHEADS are an accumulation of dust clogging the pores. Do not touch the ugly little black spots with the fingers. Your nails may poison them and then it will be far more difficult to cure them. But, being only dirt, they may be removed with the time-honored dirt eradicator, soap and water. Cleanse the face thoroughly with warm water, Castile soap and a complexion brush. If they are very near the surface it is safe to press them gently with the side of a sterilized needle, applying alcohol to the spot immediately with clean absorbent cotton. The following lotion will remove the most persistent blackheads and keep them away provided the body is in a healthy condition.

Talcum Powder, 1 ounce,
Oxide of Zinc, 2 drams,
Pulverized Camphor, 2 grains.
Mix Carefully.

Dust this freely over the face, and into the crevices at the sides of the nose. Leave it on for a while then rinse the face in warm water to which about twenty drops of benzoin have been added.

SUNBURN is much more easily prevented than cured. If, before exposure to the brilliant sunshine of summertime, you apply a soft, pure cold cream to your skin and then dust it with a good powder, you will not suffer from a blistering and painful red sunburn, but will enjoy only the healthful stamp of the outdoors.

FRECKLES, on the other hand, cannot be prevented, but it is not difficult to remove them with a little patience and persistence. After completely cleansing the face with warm water and rinsing it thoroughly, apply this lotion twice daily:

Powdered Alum, $\frac{1}{2}$ ounce,
Elder Flower Water, 10 ounces,
Lemon Juice, $\frac{1}{2}$ ounce.

If the freckles are dark, use this remedy. It is a little more potent but likewise harmless. Spread this mixture between thin muslin and allow it to remain on the affected parts as long as possible, preferably at night.

Grated Horseradish, 2 drams,
Corn Meal, 2 drams,
Buttermilk, 2 ounces,
Eau de Rose, 1 ounce.

Sponging the face in plain buttermilk is also helpful.

At the end of the summer, when the tan of the vacation time appears unsightly with dance or dinner frocks, it may be gradually lightened and successfully removed with this excellent sunburn lotion:

Zinc Oxide, $\frac{1}{2}$ ounce,
Sodium Borate, 2 drams,
Glycerin, 1 ounce,
Extract of Jasmine, $\frac{1}{2}$ ounce,
Bay Rum, $1\frac{1}{2}$ ounces,
Water to Give Solution Weight of 10 ounces.

SALLOW CHEEKS express lack of nourishment. They need building up just as a poorly nourished body needs food. The best skin food is cocoa butter. After the pores are opened with warm water, rub melted cocoa butter with a gentle upward and outward circular motion into the skin, taking care not to rub too hard, for the muscles may become softened, and that is the first step toward wrinkles. If the skin is dry, you will find this excellent nourishment:

Oil of Thebroma, 4 ounces,
Hydrous Wool Fat, 4 ounces,
Culinary Cottonseed Oil, 1 ounce,
Boric Acid, 2 drams,
Tincture of Benzoin, 2 drams.

Melt the solid fats on a water-bath and with a small portion of the melted mixture rub the boric acid to a smooth paste. Combine with the melted fats, then add the oil slowly. Stirring constantly, add the tincture in the same manner. Remove from the heat and beat briskly until the mixture is cold, and has been made light and fluffy.

DO NOT USE DEPILATORIES on the face. In the first place their results are only temporary and the hair returns. But, more than that, they are dangerous to the skin and often cause eruptions if not used carefully. Do not use X-Ray treatment unless advised by a physician. Too often this causes a depression of the skin and leaves it lifeless and colorless.

Do not pull out the hair. This removes the hair for the moment, but does not destroy it, as the very action of pulling it out stimulates the follicle which is its root to send forth another thicker and blacker hair to take its place.

There is only one safe and scientific way to remove superfluous hair, and that is with the electric needle used by an expert. This process destroys the follicle and the hair cannot grow again. But be sure of the reliability of the person whom you permit to use it. In the hands of an inexperienced person the skin may be scarred.

THE NECK requires a few moments of care every night to fill out the hollow places and produce soft, well rounded lines. Dip the finger tips in melted cocoa butter and massage the neck and throat with a gentle rotary motion for about ten or fifteen minutes. Sharp angles will soon round into gentle curves, and firm flesh fill age-telling hollows.

And now, remember, the face is the mirror of the mind. Unpleasant thoughts and worries turn the corners of the mouth down and trace little webs in the corners of the eyes

as surely and inevitably as cheerful thoughts raise the lips and bring sparkle to the eyes. Massage or lotions are ineffective if you do not first assist them with physical health and mental optimism.



HEALTHY LUXURIANT HAIR



THROUGHOUT the ages men and women have treasured their hair as a peacock plumes its feathers. They probed the mysteries of oils and perfumes even before they became acquainted with the simpler benefits of soap and water. Now that flowing curls, well tended beards, and grotesque moustaches are no longer considered essential graces among men, does it not seem that women should accept a two-fold obligation for keeping their hair silken, soft and beautiful?

Beautiful hair is not necessarily hair of abnormal length, or hair that keeps in natural curl as perfectly as if artificially waved. It is not hair of a particular color or texture. It is healthful hair—hair neither too oily nor too dry, hair that shows the silken sheen of proper care, hair

of even growth, even coloring, hair that shows a clean, clear scalp wherever it is parted.

There is no standard for beautiful hair, just as there is no standard of beauty in frames for pictures. An elaborate French oil painting may be set in an ornate and finely carved gold frame. A delicate etching requires a simple frame of plain, rich wood. And so with a woman's hair, the frame for her face. Golden hair like an aureole of sunshine may frame a face of fair complexion. Soft brown hair, rich with veins of glinting copper, is exquisite with slightly darker complexion. Black hair with the gleam and lustre of velvet in moonlight beautifies the face with olive coloring. Nature, as a rule, is an artist of perfect taste, and chooses her frame to conform exactly with the character of her picture. How unwise it is, then, to disapprove the choice of the master artist and change the coloring she deemed best, even when she decides to soften the tones of the frame to suit the mellowing colors of her picture, and changes the shading to silvery gray!

Is there anything that advertises age like hair "restored" to black with the gray peeping through at the roots? or hair "treated" blonde with its natural coloring of brown evident at the parting? Do not be induced to dye the hair. Dyed hair is not associated with refinement. It is unnatural and what is unnatural can never be beautiful. To grow old gracefully is a fine art. Hair turning softly gray in the natural process of growing older bestows dignity and charm.

In a country that suffers severe climatic changes such as very hot summers and bitterly cold winters, and where women vary their activities with each change of season, it is hardly reasonable to expect that the hair can care for itself in all weathers and under all conditions. Just as the body cannot maintain a comfortable temperature without

change of clothing suitable to weathers and occasions, so the hair requires attention with the changing seasons.

THE HAIR SHOULD BE SHAMPOOED once every three or four weeks according to the condition of the scalp. That is, an oily scalp should be washed every three weeks, a very dry scalp not more often than once a month, so that the natural oils of the head will have an opportunity to secrete.

There is no need to rub the scalp as one rubs soiled linen on a washboard. A thoroughly pure soap well lathered and well rinsed will cleanse adequately. An egg is an excellent shampoo if beaten well with a little water and rubbed into the scalp with a rotary motion. Its effect is both cleansing and strengthening to the hair. Of the hundreds of advertised shampoos there may be two or three that will be beneficial to your particular hair and scalp. But rather than make your hair brittle and your scalp dry until you find the right one, use the simple, unfailing shampoo of plain pure soap and egg.

If you wear any artificial hair such as a switch or curls, do not neglect to wash it every time you shampoo your hair. It accumulates just as much dirt and dust as your own hair and requires cleansing just as frequently.

Be sure to rinse the scalp thoroughly. Dry particles of soap are irritants that cause dandruff. Rinse thoroughly in warm water to dissolve the soap, then in cool water—not cold—to insure reaction of the circulation. For drying the hair, the friction of a towel is an inestimable tonic. To stimulate circulation is to stimulate growth. If the weather permits, let the fresh air and sunlight assist you. If the scalp is inclined to be dry, a little pure olive oil or vaseline rubbed in immediately after the shampoo is beneficial, as the pores have been stimulated to absorb it, and the scalp is clean so that the oil will not mix with dust or dirt.

Keep the hair and head clean by brushing at night. But do not abuse them with overbrushing. Brushing is for the purpose of cleansing the hair from the dust that accumulates in the hair during the day, to remove dead hair, and to rouse the circulation. A brush with medium soft bristles will accomplish this. It is not necessary to use a wire bristle brush and rake the head with it, dragging out the new, tender hairs with the old ones. The comb should be of ivory or shell and the teeth should be blunt. Above all, keep the comb and brush clean. In this matter one cannot be too scrupulous.

DANDRUFF in a mild form indicates dryness of the scalp and can be remedied by brushing, which stimulates the secretion of the natural oils in the scalp, massaging the roots with olive oil or vaseline, and frequently applying this simple lotion. It is an excellent tonic for hair that is falling out:

Bay Rum, 1 pint,
Alcohol, $\frac{1}{2}$ pint,
Castor Oil, $1\frac{1}{2}$ ounces,
Quinine Sulphate, 30 grains,
Tincture Cantharides, $\frac{1}{2}$ ounce.

If dandruff is thick or irritating, it indicates some organic disturbance and the best thing to do is to consult a reputable physician. It may be caused by fever or other disturbances alien to the scalp.

Do not have the hair dressed or curled too often. Hot irons tend to dry and break the hair. Go without a hat whenever possible, except in extremely hot or cold weather. Hair is a precious gift of Nature and only natural processes and natural care will keep it in good condition.

Take advantage of vacation time to give the hair a vacation. Use as few hairpins as possible. Let as much

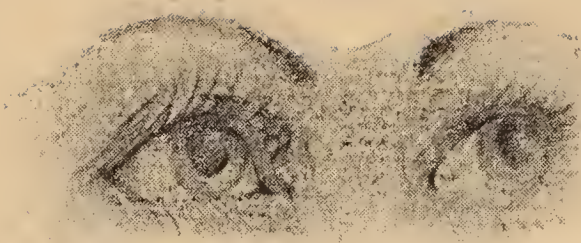
air as possible reach the scalp. Use this tonic and let the scalp enjoy real nourishment:

1 Pint Kerosene,
5 Ounces Liquid Vaseline.

Shake well and apply to the roots of the hair every other night, massaging it into the scalp gently with the finger tips.

Do not neglect your hair. The only way to preserve it is to protect it. It is the coronet that can make of every woman a queen.





Eloquent Eyes



HERE is one language that the whole world understands, and that is an unspoken language, the language of the eye. No tongue speaks more eloquently. The clear, well rested eye with a lively interest in life, the eye that reflects a well-balanced mind and a logically-thinking brain, the eye that glows with the health of a well-cared-for body is a beautiful eye, whatever its color or shape.

The color of the eye cannot be changed, but it can be intensified. The shape of the eye cannot be altered, but it can be improved. The clearness and brightness of the eye is entirely within your own care, and both of these qualities are regulated not only through outside treatment but inside mental attitude. No feature is so exact an index to a person—it is the little window where the soul shines through.

Translate for a moment the language that the eye speaks. The round, wide open, staring eye says very little. Its gaze is empty, for things seem to pass through it without being retained. It gives forth as little as it receives. The

too narrow eye expresses suspicion or trickery. Its outlook is narrow and distrustful. The eye that flashes and twinkles is a mischievous eye, fascinating, yet not expressive of intelligence. The clear, luminous eye with steady, level gaze denotes high character, high mindedness, and a high order of intellect.

THE COLOR of the eye is as eloquent as its shape and quality. The lustreless blue eye expresses weakness or cruelty. The bright blue eye denotes the keen and well balanced mind. The violet blue eye suggests an impetuous spirit, yet it is not indicative of superior mental development. The bright brown eye is an intelligent eye, pleasing gentle, true. The exceptionally dark, fiery brown eye reveals the quick tempered, passionate and often unscrupulous temperament. The gray eye expresses the just, intelligent, unselfish personality. Gray eyes are often eyes of genius. The green eye suggests cunning, the eye that changes from blue to green denotes swift changes of character. The color is brightened, the gaze steadied and the shape of the eye improved by mental development and culture.

THE CONDITION of the eye is improved by care. The first requisite of caring for the eyes is caring for all the rest of the body. The sparkle of the eye is the reflection of physical well being. Everything that affects the nervous system affects the eyes, because they are surrounded by a fine and intricate net work of sympathetic nerves. Do not overwork your eyes. When you read or sew, be careful to have the right kind of light, neither too dim nor too bright, and concentrated upon your work, not upon your eyes.

Closing the eyes frequently, if only for a moment at a time, greatly relieves strain and tension. Rolling the eyes around in their sockets and describing a wide circle tends to strengthen the eye muscles.

If you anticipate an evening engagement after a tiring day, lie flat on your back for about twenty minutes and close your eyes, holding upon the eyelids a compress that has been soaked in a solution of hot water, witch hazel and boracic acid. You will arise refreshed in body and your eyes will lose their tired feeling and take on a new brightness.

CLEANSE THE EYES carefully, for a speck of dust that remains to irritate the delicate texture of the eyelid or eyeball may cause inflammation and pain. Never use any preparation in the eyes unless it is prescribed by a doctor for some particular purpose. A mild salt water solution, warm water with boracic acid, or diluted witch hazel are the only safe things to use on the eyes. Any one of them will cleanse the eyes effectively and relieve eye strain. If the eyes are inclined to weakness or if they have been exposed to strong wind or cold, a secretion sometimes gathers along the edges of the eyelids during sleep. Do not try to remove it with the fingers. It will easily dissolve when washed with boric acid diluted in warm water. If the eyes are inflamed, follow this treatment by applying warm water or milk with antiseptic cotton.

If the eyes are inclined to smart or tear in cold or windy weather, it is beneficial and harmless to apply a lotion of nine ounces of distilled water mixed with one ounce of purest vinegar.

There is a simple solution that will be found refreshing for tired eyes or eyes strained by too long exposure to sunshine or wind or too long concentration upon reading or writing. Whenever the eyes feel the slightest weakness it will rest them like the sight of green



grass and cool shadows. Drop it into the eyes with a sterilized eye dropper or bathe them with it:

Zinc Sulphate, $\frac{1}{2}$ grain,
Boracic Acid, $\frac{1}{2}$ ounce,
3% Solution,
Camphor Water, $\frac{1}{2}$ ounce.

SQUINTING is a bad habit. It not only weakens the muscles around the eyes but it is a direct cause of wrinkles—and wrinkles about the eyes are an index to old age or lack of care. When exposed to strong sunlight at the sea shore, on boat trips, playing tennis, golf, or indulging in other outdoor exercise, it is advisable to wear shaded eyeglasses in order to avoid puckering the eye lids or squinting.

Delicate massage of the eyelids and skin beneath the eyes with the tips of the fingers, using a good cold cream, will remove these tiny wrinkles. Use a soft stroke, as heavy rubbing will make this fine skin puffy.

Above all, do not weep. Crying is a confession of weakness. A strong minded woman controls her emotions. The reward of restrained tears is strong, bright eyes—not faded, watery eyes with swollen eyelids!

Respect your eyes. Avoid strain and overwork and their care will not demand much time or attention. Remember that the eyes are never silent. They speak an eloquent language. What they say depends upon the woman!

THE BROWS AND LASHES are companions in loveliness to the eyes, making a frame for the eye as the hair makes a frame for the face. With the right care, eyelashes can be made silken, curved and luxuriant, and the eyebrows evenly shaped and delicately arched.

Massage the eyebrows lightly with pure olive oil, or white tube vaseline, using a small, fine eyebrow brush.

Brush them upward and outward toward the temples, training them into a fine, high arch. Be sure to keep the olive oil in the line that you wish the growth of your eyebrows to follow. A thick, bushy eyebrow lends an unkempt or fierce expression to the face, whereas a beautifully arched, smooth eyebrow is piquant and refined. If the eyelids too, are gently massaged with white vaseline or cocoa butter they will become flexible, soft, and free from wrinkles.

Trim the eyelashes occasionally with a tiny pair of manicure scissors to stimulate their growth. Then, using your eyebrow brush and a little olive oil or white tube vaseline, brush the lashes on the upper eyelids upward and those on the lower eyelids downward. This will make them curl prettily. Take care not to get the oil into the eyes. Eyelashes and eyebrows are well worth a little care—for is anything lovelier than softly curled eyelashes, gracefully arched brows framing a pair of sparkling eyes? The subject has tempted poets for ages!



Strong Glistening

TEETH



THE features of a woman's face may be exquisitely formed, her complexion clear, her hair soft and pretty, her eyes bright and her coloring fresh and charming, but if, when she opens her mouth to speak or smile, she cannot display two rows of shining, pearly teeth, her other charms are not sufficient to offset this deficiency! On the other hand, plain, unattractive features often become radiant with the glow of a smile illumined by a set of gleaming, healthy teeth!

What constitutes beautiful teeth? Teeth that are even in length, regular in outline, similar in coloring, teeth so thoroughly clean that they glisten, teeth so healthy that one is never conscious of having them.

Rigid and scrupulous cleanliness is the first prerequisite for healthy, beautiful teeth. There is hardly a woman today who does not brush her teeth as faithfully as she washes her face every morning. But it is impossible to urge too strenuously the additional brushing of the teeth at night, before retiring. Night time is the time when the little particles of food that lodge between the crevices of the teeth decompose, and the acid juices so formed eat their treacherous way through the white enamel and its underlying dentine. By removing every particle of food, you remove the

possibilities of fermentation and avoid decay. Use a brush with bristles stiff enough not only to polish the surface of the teeth, but to clean between the teeth, and to stimulate the gums with a gentle massage. Use a rotary motion, up and down, not backward and forward, as the latter tends to scrape away the gum tissue. Truly healthy gums should be firm and pink in color and should not bleed when brushed. Brush the gums and teeth on all surfaces, inside as well as outside. There are many good dentifrices. Choose one that is not coarse or gritty, as care must be taken not to scratch the enamel of the teeth. A simple and effective dentifrice may be made of equal parts of powdered French chalk and orris root. To complete the toilet of the mouth, stiffen the tongue and clean with your toothbrush or with a tongue scraper designed for this purpose.

After a meal, particles of food should be carefully removed with a good dental floss. If acid formation and decomposition are prevented at all times by means of a persistent regimen of absolute cleanliness, it is possible to live without ever knowing the agonies of a toothache, for the teeth will be without decay.

VISIT A DENTIST TWICE A YEAR even if your teeth do not ache, and have them examined and cleaned. Little cavities filled in time prevent big ones. Big ones are the ones that hurt. If it is ever necessary to remove a tooth, have it replaced as soon as possible, as spaces between the teeth cause the cheeks to sink in and become hollow in appearance. And moreover proper mastication is impossible without a complete set of sound teeth. Uneven teeth distort the contour of the





cheeks. Careful bridgework often improves the outlines of a woman's face by softening the curves of her cheeks. Be certain of the ability of the dentist. Poor dental work may cause more trouble than neglect.

First in importance beyond all personal beauty or charm is a sweet-smelling, healthy breath. A woman can bear no greater stigma than a breath that betrays a disordered stomach. It is so unpleasant and repulsive that all other loveliness is powerless to counteract it.

Good health, good digestion and clean teeth are the preservers of a sweet breath. Keep the bowels well regulated. Drink plenty of fresh water. Never forget that four-fifths of the composition of the body is water, and the body cannot furnish its own water supply. Water is the motive force that moves the entire machinery of the human system.

The distress and unpleasant effects of gas in the stomach may be relieved and removed with half a teaspoonful of bicarbonate of soda and five or six drops of aromatic spirits of ammonia in half a tumbler of warm water. Mix it well, swallow a little and gargle with the rest.

THE MOUTH should be thoroughly washed every day, or several times a day if necessary. Listerine and water is an antiseptic, pleasant mouth wash. Also warm water with a little salt is also effective. Lemon juice diluted with water is a strengthening and cleansing wash for the gums. Abstain from sweets and highly seasoned foods for a while. Gas cannot be formed by foods that do not tend to throw off gases. Get out into the open and inhale plenty of pure fresh air. If the air you breathe is fresh, the breath you exhale will be free from the suspicion of foulness.

Expectant mothers are often troubled with their teeth. One important cause of this is a lack of lime in the mouth. If this is supplied in the form of a mouth wash the condition of the teeth will be greatly improved and preserved from decay.

Purchase some ordinary unslaked lime at a paint shop. Let a cupful stand in cold water until all the soil is thoroughly washed away. Then pour off this water and put the washed lime into a quart of fresh cold water. Let this stand for twenty-four hours. After that time pour this water into a separate vessel and use as a mouth wash. The lime may be used again and again until it is entirely dissolved.

AS TO THE LIPS—if the eyes are the soul of facial expression, the mouth is its heart. A word is in place, therefore, regarding the care of the lips. Constrain them when the mouth is in repose and do not let them relax into loose, uncontrolled lines. Firmness of the lips is indicative of firmness of character. This does not mean, on the other hand, that the lips should be pressed together until they tighten into little puckers. Do not bite the lips to make them red. The texture of the lips is very delicate, and although this may seem temporarily effective, it tends to swell the lips, make them sore, and disfigure the contour of the mouth.

Bathe the lips occasionally with water in which a small piece of alum has been dissolved. Then apply glycerine with a few drops of benzoin. This will keep the lips fresh and rosy. Do not moisten the lips. It not only subjects them to chapping, but it is an unlovely habit. If the lips are inclined to become chapped a simple lotion of equal parts of glycerine and rose water is a certain and harmless remedy. A well-formed, fresh and rosy mouth set in a clear,

healthy face, lips that part to show two rows of shapely, glistening teeth—lips that form happy smiles, emit a sweet breath, and speak pleasant words—what inestimable charm! And how much of it all depends upon hygienic care and healthful living!





The HANDS

FROM WRISTS to FINGERTIPS



ALMOST a whole literature has been written on the subject of a woman's hand. But a woman's hand can express almost a whole literature by itself. It is as eloquent as spoken words and its very gesture is a variation of delicate phrasing.

A thousand shades and shadows of thought lie in the

curves of the fingers, an index to character shows at the tip of every nail, limitless expressions of emotion reveal themselves in the innumerable gestures of the hand, and in the palm is told the story of present accomplishments and future hopes!

Hands that are beautiful in form and texture, hands that show the happy results of good care, hands that by the grace of their gestures speak a language of culture and refinement, are silent tributes to the woman who possesses them.

THE HANDS AND FINGERNAILS respond to treatment more quickly and satisfactorily than almost any other part of the body, and the results of a little care and attention are so well worth while that it is a confession of negligence and carelessness to be without smooth, white hands and well shaped nails.

As soon as the hands betray lack of care a woman loses her daintiness, and daintiness is not only a woman's heritage but her obligation. It is, of course, a little more difficult for women who do their own housework to keep their hands as lovely as those more fortunate women who are not obliged to keep their hands in hot or cold water for a great part of the day. But the fact that one has many household duties is neither a reason nor an excuse for hands that are anything less than beautiful. It requires a trifle more trouble—but nothing is so thoroughly worth the effort.

Warm water and pure Castile soap constitute the sensible, dependable daily treatment for the hands. First of all they are cleansing. Secondly, this purest of soaps keeps the texture of the skin smooth and soft. In addition, keep a dish of Indian meal near your wash basin, and after the hands have been lathered with Castile soap, rub the meal freely all over the hands. This not only helps to soften the



hands but prevents chapping.

It is essential to dry the hands carefully at all times. Moist hands easily become chapped when exposed to the cold. This simple treatment is almost a guarantee for smooth, white hands:

Wash the hands in hot oatmeal water. Rinse in clear lukewarm water with which a handful of almond meal has been mixed. After drying the hands thoroughly rub into them a mixture of

glycerine, lemon juice and rose water.

This will prevent chapping, but there are times when winter's cold can penetrate even this strong bulkwork of protection and chap the hands. Linseed oil and almond oil should then be rubbed into the hands. Rinse them in water which has been softened by adding benzoin. After they are thoroughly dry, dust them with talcum powder. A worthwhile habit to acquire when drying the hands is to press each finger at the sides of the nails. This will give a delicate tapering to the fingers.

To cultivate a delicate smoothness in hands inclined to be rough, use this effective lotion: Make a smooth paste of fine salt, add enough water to wet the salt thoroughly and rub well into the hands, this removes the roughness.

Dry well and apply the following:

Glycerine, 5 ounces,
Eau de Rose, 5 ounces,
Juice of 1 Lemon.
Shake Well Before Using.

EXQUISITE NAILS are not only the index to a beautiful hand, but they are the outward insignia of a dainty woman. The hands are under observation as frequently as the face, and it is inconsistent to care for the complexion without exerting a scrupulous regard for the nails.

The perfect nail is almond shaped, showing the delicate "moon" at the base, a graceful white arch at the tip, and exhibiting a clear, lustrous, shell pink surface. It is not pointed like a claw, nor polished like a jewel. It is beautiful by its shape and cleanliness, not by its conspicuousness. Best of all, it requires but a little daily care to transform the most unattractive nail into a nail worthy of compliment.

MANICURING the nails is a simple process if it is attended to once or twice a week. This is an easy and effective way:

File the nails, following the outline of the fingers, and tapering them slightly so as to give a pretty slenderness to the fingertips. Do not make them too short, for the nails are primarily meant to be a protection for the fingers. Do not make them too long, for they are not meant to be weapons of warfare. Then soak the fingertips in warm, soapy water.

SOFTEN THE CUTICLE with cold cream. Then, with an orange stick that has its tip protected with absorbent cotton, push it back from the base of the nail, firmly, but gently, taking care not to break it. Do not cut it. If you start to cut your cuticle it will grow thick and unsightly and require constant cutting, giving a heavy, unattractive base to the nail. Little hangnails or loose skin, may be cut away

with tiny, sharp, curved cuticle scissors. Then, using, a good nail polish, rub the surface of the nails with a chamois-covered buffer. Glistening, glass-like liquid polishes are not in good taste. If the nails are inclined to be brittle, apply white tube vaseline at night.

Any woman who follows these simple directions can be assured of beautiful nails. Each day it is only necessary to keep them clean with an orange wood stick, the end of which is covered by absorbent cotton, to shape them when drying the hands, and to polish them slightly. The reward of this little attention is beautiful nails—a ten-fold reward.

IN SELECTING GLOVES be sure to have them large enough. A glove that is too small is not pretty for it deforms the shape of the hand in appearance. But more than that, it actually distorts the hand, bending it and making it red and swollen. A well fitting glove is the promise of a well formed hand within. Keep the promise by being able to exhibit beautiful hands when your gloves are removed.



Beautiful Arms



WHEN long sleeves are the vogue the arms may be unnoticed. But as soon as short sleeves return to fashion, the role of the arm is an important one in the play of a woman's appearance. Whether the daytime fashions demand short or long sleeves, the eternal mode of evening dress is sleeveless. Surely then it is necessary to devote a little care to the arms for those occasions when they are so very conspicuous, if not for the intimate pride of possessing lovely arms even when they are concealed all day in sleeves that reach to the wrists.

Wash the arms as you wash your face, with a flesh brush, using a pure soap and lathering them freely. A little oatmeal or almond meal thrown into the water softens and cleanses the skin. Rub vigorously with the brush, so as to remove all soil and dead skin, leaving the arms satiny and white. Of course the blood that is brought to the surface by rubbing with the brush and drying with a coarse towel will stimulate the circulation and make the arms appear red for a short while. But this flush will subside. Any irritation of the skin may be counteracted with this soothing cream:

Sweet Almond Oil, 1 gram,
White Vaseline, 6 grams,
Benzoin, 5 drops,
Spermaceti, 6 grams.



If the lower arm is tanned or freckled apply raw corn meal and milk which has been kept at the consistency of a mush and allowed to sour.

THE ARM PITS should be as smooth and white as the shoulders when one wears a sheer frock or blouse, or when the entire arm is exposed in evening attire.

There are some good depilatories for successfully removing the hair that grows in the arm pits, but there are many harmful ones, and rather than take the chance of using one that may cause infection, use this certain and safe prescription by a recognized physician:

Barium Sulphide (Gray fresh), 3 drams
Zinc Oxide Powder, 4 drams,
Amyli Powder, 4 drams,
Oil Pinus Sylvestris, 15 drops.

Mix a little of the powder with water to form a paste. Do not wash the arm pits with warm or hot water and soap before using. Apply to the arm pits with absorbent cotton for about four minutes. Then wash away with warm water and Castile soap. Apply cold cream after to soften and protect the skin.

Beauty of contour is only half the attractiveness of a woman's arms. Grace of gesture is the other essential to a beautiful arm. This must be cultivated. Notice the way in which you hold your arms when you stand, the way in which you swing them when you walk, how you use them when you talk. Do not employ the powerful, compelling gestures that become a man. Do not move the hands awkwardly. Always let them relax into easy, natural positions. Gesture, like speech, is a matter of individual cultivation. Gesture may be improved just as one's speaking voice and manner of speech can be improved. It is worth study and conscientious development.

The Normal FOOT



THE first step toward well shaped feet are well shaped shoes from one's first steps. Well shaped does not always mean shaped according to the latest whim of fashion, for shoes that conform only to fashion too seldom conform to the requirements of the feet. Since the appearance of the foot, its health, its comfort, and the important matter of the carriage of the body, depend entirely upon the shoes one wears, it is logical to suppose that attention directed toward the selection of the proper shoes is not misdirected.

In buying shoes be sure to try walking in them. Do not purchase a shoe with no other assurance of its comfort than the fact that it did not hurt when it was tried on your foot. The foot at repose is a different shape than when the entire weight of the body rests upon it. Shoes should fit the feet in action!

Spend as much as you can afford upon your shoes. This is a case where economy is extravagance, for a shoe that is improperly lasted or imperfectly made is a direct cause of foot ailments. Choose the last with regard for the shape of your feet. All women cannot wear the same style and

shape of shoe any more than all women can look well in the same hat. If your foot is long and slender, do not be induced by a vagary of fashion to wear a short vamp shoe that presses back your toes and throws the weight of your body out of balance.. If your toes are short and your foot wide, do not be persuaded to pinch your feet with tapering shoes. There are enough styles of shoes manufactured to take care of the particular shape of your particular foot. Take pains to find that shape even before you insist upon the style and color to suit your taste. Remember, any offense to your feet almost always has a painful effect upon other parts of your body.

It is not necessary to wear ungainly orthopedic shoes unless you are really afflicted with foot ailments. Nevertheless this would be more humanitarian by far than to wear shoes that look well but do harm. In recent years there has been a return to common sense in the fashion of the low-heeled shoe for walking. This fashion has brought comfort and a more graceful carriage to so many thousands of women that it would be unfortunate to relinquish it. It is to be hoped that this vogue will continue.

Popular demand is the force that creates a vogue. If women insist upon the low-heeled walking shoe, its fashion cannot wane. With afternoon or evening gowns, high heels are often a fashion requisite. Wearing them occasionally will not hurt you. But be fastidious about having the heels straight. A run down heel is not only injurious to health but it is indicative of gross carelessness.

IF THE ANKLES are shapely and strong, it is wise to wear low shoes, because the air that is permitted to reach the feet prevents perspiration. If there is any weakness of the ankles, wear high laced shoes—not buttoned shoes—for laces may be adjusted each day to support the ankles in the

required manner, whereas buttons always remain in the same place. Wear comfortable stockings of correct size at all times. A stocking that is too large forms little folds inside the shoes which rub against the feet, causing irritation and often blisters. A stocking that is too short draws up the toes and creates friction between the delicate joints of the toes and the lining of the shoe, often causing painful corns.

THE ARCH is the most important part of the foot. The well-arched and well-shod foot does not easily become tired. The greatest enemy of the well-formed arch is the high heel. It throws so much of the weight toward the front of the foot and interferes so greatly with a correct distribution of the weight that the arch first tires, then weakens, then breaks down altogether—a misfortune as painful as it is unnecessary. To be sure that your shoes permit proper distribution of your weight, imagine a line drawn through your large toe. It should strike the middle of your heel. If it does not your shoes are weakening your arches. To strengthen the arches practice the following simple exercise before putting on your shoes in the morning and at night when your feet are bare:

Rise on the toes, pointing your toes in and your heels out and walk up and down several times in your room. Then rise on your heels, keeping your toes pointed in, and walk backward. Now sit down, extend the legs, stretch the ankles and arches, and curve the toes under the feet. Rotate them individually with the fingers in order to stimulate independent muscular action. Rotate the entire foot from the ankle. Whenever you are seated, try to think of stretching your toes downward. This contracts the arch and strengthens it. If the feet are tired after walking or dancing, soak them in water as warm as possible to which a handful of plain washing soda or alum has been added.

Rochelle salts also bring relief. Dry the feet thoroughly and dust them with stearate of zinc to prevent perspiration.

A corn is Nature's protection against pressure. It provides thicknesses of non-sensitive skin to lessen the discomfort inflicted by the cramped shoe. Sooner or later this skin itself presses down into the delicate nerve fibres and causes extreme pain. Do not cut a corn. If you cannot remove it with a good corn plaster, visit a chiropodist, and have it treated surgically. The best advice with regard to bunions is to avoid getting them as they are the hardest foot ailment to cure. They are the aftermath of short shoes—shoes that press back the big toe until its joint becomes enlarged.

Keep the toenails cut straight and even with the outline of the toes in order to avoid ingrowing nails and to keep them from tearing the stockings unnecessarily.

Health cannot exist with awkward carriage. When the spine is not upright, when the shoulders are permitted to droop, when the head is not held erect, the entire health of the body is certain to be undermined. These are the direct results of poorly fitting shoes. Is it not worth while to take the trouble to choose your shoes not only because they are smart to look at, but comfortable to wear—correctly lasted for your particular feet?



The Woman Who Would GAIN WEIGHT and Strength



SINCE our most learned scientists have assured us that mind dominates matter, it is easy to infer that in order to build up a body weakened by worry, overwork or illness, it is necessary to develop first a determined mental resolve for the definite, steady acquisition of health, strength and weight. A mind that has been strained by work or worry or weakened by illness needs mental and physical relaxation. Not the tension of restraint, but the freedom of indulgence—not the weakness of indifference, but the strength of assurance—must be the mental attitude of the woman who would improve her health and increase her beauty by gaining weight. For curves, not angles are the lines of beauty!

*“Straight is the line of duty;
Curved is the line of beauty.”*

FIRST, COME OUT OF DOORS. Health was never breathed in with stagnant air, steam heated air, or draughty air. It can be imbibed in large doses in the great outdoors, where it is ever fresh and freely circulating. Fresh air arouses the appetite, brings the glow of health to pale and sallow cheeks and strengthens the whole body.

NEXT, EXERCISE. Exercising to gain weight is entirely different from exercising to lose it. Exercise to counteract the languid feeling of the body, to overcome the lassitude, to stimulate vigor, to rouse the circulation, to cheer the mental attitude. This kind of exercise consists of deep breathing, determined walking, decisive movements of the body at all times. It does not mean strenuous, tiring, muscle-developing athletics. These may be indulged in after the body has gained strength and weight. Until then, concentrate only upon overcoming sluggishness by deliberate quickening of action and gesture, by habitual deep breathing, by walking for pleasure, change, interest and appetite.

ADEQUATE REST is second only in importance to fresh air—rest regulated by common sense. Do not make a practice of lying in bed late in the morning. Retire early, rise early, then, if need be, rest every afternoon for half an hour or an hour. Whenever you lie down, be sure that the windows of your room are open widely enough to admit plenty of fresh air, and that you are warmly covered. Comfortable relaxation is the only beneficial rest. Release the tension from every muscle, close your eyes softly, breathe deeply and easily, and soon sweet refreshing sleep will come to you. How long you sleep during the day is not important—how restfully is what counts toward rebuilding a debilitated body.

DRINK WATER whenever you think of it. Urge yourself to think of it. And whenever you do think of it, do not let anything prevent you from following the thought with the act. Water is an essential to life. It is a prime essential in the regaining of strength or weight. Do not drink too much during meals—it interferes with digestion. But between meals it is invaluable.

BATHE DAILY. Water is as indispensable outside as inside. Take care that the water is not too hot as this induces perspiration and weight is lost rather than gained when the body perspires freely. Use water that is comfortably warm and cleansing. Follow the warm bath by a cold shower if you can stand it, for cold water rouses the circulation better than a tonic. If the body is at all weak, consult your physician before experimenting with the cold bath or shower. There is a possibility that the nervous system may not react normally and then cold water is harmful. Bathe in a warm room to avoid becoming chilled after bathing. Do not walk on the cold, tiled floor of a bathroom with the feet bare. Dry the body thoroughly after the bath.

DRESS SENSIBLY and comfortably. Keep the body warm but not too warm. Dress yourself for protection against cold in winter. Avoid the blazing heat of summertime. Beware of draughts when the seasons are changing.

All this means only normal, common sense living. It means refrain from physical overwork, mental tension and worry. It means frequent bathing, adequate rest and relaxation, sufficient drinking of water, deep breathing, sensible dressing. Hitch your wagon to the health star!

FLESH-PRODUCING DIET must supplement a common sense regimen of healthful living. Nature has provided strength and weight-creating foods. Science has tabulated them. It remains for you to eat them—conscientiously.

Eggs, meats, milk, fruits and nuts are Nature's most nourishing foods. These contain fat and strength producing elements. These and all kindred varieties of food should constitute the menu of the woman who is seeking to gain weight.

Iron is a mineral, found in certain fruits and vegetables,

that is vital in the making of pure, red blood. Dates, nuts, figs, prunes, apples, cabbage, peas, carrots, spinach, rice, onions, lettuce, and ripe olives are foods rich in iron and therefore both strength-producing and nourishing. Figs and spinach have the additional quality of being an excellent aid in keeping the bowels in good condition. They contain laxative elements. Crisp lettuce is a particularly good blood-making food—but be sure it is crisp. Wilted lettuce belongs to the list of indigestibles. Peanut butter is a highly nutritious food and is an excellent substitute in food value for meat. Used instead of butter on whole wheat bread it is a stimulating and satisfying food.

BEYOND ALL ELSE, MILK is the tissue building food. Remember that during the first months of life babies have a diet of milk exclusively. For a weakened condition it is the ideal between-meals food drink. Milk-and-egg shake contains the highest type of nourishment. If you find its taste unpleasant, season it with a little sugar, salt, or a few drops of cocoa or flavoring extract. Be sure that this drink is well shaken and that the egg is thoroughly mixed with the milk. Cocoa made with pure milk is also delicious and very nourishing.

The following suggestions for breakfast, dinner and supper will be found to include a sufficiently varied menu to supply foods both palatable and nourishing for the woman who is trying to increase her weight and gain strength:



BREAKFAST

ORANGES, bananas with cream, apple sauce, stewed prunes with cream, stewed apricots, stewed peaches, stewed figs, peaches with cream, pears or baked apple with cream.

Any dry cereal with cream, oatmeal, farina, boiled rice, cream of wheat, hominy or other cooked cereal with butter or cream.

Scrambled egg yolks with spinach, beet and fish hash, poached eggs on whole wheat toast, shirred eggs, soft-boiled eggs.

Whole wheat muffins, apple corn muffins, toasted graham or raisin bread, graham popovers, nut bread and lettuce leaves.

Half milk and cream, cocoa or chocolate.

LUNCHEON

BOUILLON with egg yolks, cream of spinach soup, lamb broth, chicken broth, beef broth with whole wheat bread, beef soup with sweet cream.

Nut bread and lettuce sandwich, whole wheat bread and water cress sandwich, hard-boiled egg and lettuce salad, vegetable salad with whole wheat muffins.

Lamb chops, all varieties of fish foods.

Baked apples, apple sauce with sponge cake, chopped fig souffle with lady fingers, caramel custard, baked or boiled custard, bread pudding with dates, apples or figs, tapioca or rice pudding.

DINNER

VEGETABLE, split pea, beef or celery soup, lamb or beef broth with dropped egg or noodles, chicken soup with rice or barley, creamed oyster soup, clam broth.

Roast, boiled or broiled meats (never fried) such as rare roast beef, rare Hamburger steak with onions, roast lamb, lamb or mutton chops.

Fish, such as broiled salmon, mackerel, halibut, or bass. Potatoes boiled, baked, boiled in jackets, creamed, scalloped or au gratin, in any form except fried.

Fruit salad, nut and apple salad, spinach and egg salad, beet salad, watercress and romaine salad, celery.

All vegetables.

Ice cream, jelly, home-preserved fruits, light cakes, pineapple, custard, raisin, apple or prune pie, nuts, raisins, Malaga grapes, milk chocolate, cream cheese with jelly or chopped nuts.

Pot cheese or American cheese.

(For dressing on salads lemon juice is more beneficial to the stomach than vinegar, and may be used in Russian, or French dressing or mayonnaise.)



The Woman Who Would LOSE WEIGHT



HE fat man's burden is a real one, especially if it happens to be a woman," said Bill Nye, and he voiced the sentiments of thousands of women who are sighing to get thin. But sighing without trying will achieve nothing but first aid to humorists who are looking for material to make people laugh.

Shakespeare was a little more delicate when he said, "Make less thy body, hence more thy grace." But its truth is as obvious as its words are musical, for obesity and grace cannot be possessed by the same woman.

But superfluous weight makes a visible confession more cruel than lack of grace. It means that a woman's body rules her will.

Overweight is an enemy to beauty, elegance and activity. Corpulence and complete health are never allies. Every stout woman is conscious of these things, yet there are many stout women. What an admission of lack of will power!

TO REDUCE MEANS TO RESTRAIN. It means insistent, persistent restraint. It means eat less, sit less, exercise more, work more. It means all these things with perseverance. But it means as a reward the restoration of health, symmetry, grace and self pride! Reducing the flesh is a personal matter between oneself and Nature. There is

no short cut to slenderness. Nature administers the entire treatment and demands for payment the co-operation of her patient. She resents interference. She always vindicates opposition. Grace is not a liquid put up in bottles to be taken internally. Slenderness is not rolled into pills to be dissolved in a teaspoonful of water and swallowed before meals. Pounds do not roll off the body by being pressed into the body with cumbersome external applications. It is not what you take nor what you do that reduces the flesh—it is what you do not take and what you do not do!

FATTY TISSUE is created in the body by fats and starches in foods, lack of exercise, lack of work, lack of will. The point where one begins to lose weight is where one begins to gain will! Indulge in work, indulge in exercise, but stop indulging in food. If you have permitted yourself the luxury of chocolates and bon bons, the nibbling of bread or the sipping of water throughout a meal, desserts rich with cream or sweet with sugar, fat meat and thick soups as an essential part of every dinner, do not wonder why you are overweight. These are the reasons. They must be shunned as you would shun poison. Candies and pastries must be absolutely eliminated from the diet list. Do not substitute these between meal indulgences. They have no substitutes, for you must stop eating between meals. When to eat is as important as what to eat. This means at meals only.

Cut white bread from your menu, unless it has been toasted after it is dry. Otherwise restrict your bread diet to breads made of the coarser flours—graham, whole wheat or gluten. Water is certainly essential to life, but it is just as essential to avoid it during meals if one is trying to lose weight. Wine and liquors of any nature are definitely cancelled from the menu of the woman in quest of slenderness. Hot or cold cocoa or chocolate spreads fatty tissue over the body as you would spread butter upon bread. Shun them.

But the body needs a certain amount of liquid. Try to cultivate a taste for weak tea or coffee without sugar or cream. Don't pet yourself by saying: "Oh, I just can't drink tea or coffee without sugar and cream." The fact that the taste varies from the beverage to which you have become accustomed through daily habit for many years does not mean that it is unpleasant. These are both pleasant and thirst-quenching drinks, and it will be only a day or two until you train your taste to enjoy them. Do not eliminate sugar altogether, but minimize your use of it as much as possible. But there must be total abstinence from all other sweets in order to assure loss of weight. Avoid fatty meats, fatty fish, rich gravies and dressings, starchy vegetables such as potatoes, rice, barley or corn, breakfast cereals with sugar and cream, and fat producing fruits such as bananas, grapes or peaches.

This does not make a very long or tedious list of things to be avoided. It does not mean that you will have to starve. Nature has been prodigal in her bounty and has provided sufficient delicacies that are not fat-producing, that are delicious to the taste, and varied enough to supply a normal number of courses for three dissimilar meals every day.

CHOOSE THE LEAN CUTS OF MEAT wherever possible, but eliminate pork and veal from the menu as the tissue of these two meats is fat-producing. Enjoy all the green vegetables such as spinach, parsnips, carrots, beets, peas, asparagus, and onions, and you may indulge safely in every variety of green salad, provided you use a dressing of vinegar or lemon—not olive oil or mayonnaise. Apples, oranges, plums, cherries and all the berries are safe fruits.

Above all avoid butter, cream, bacon, cocoa, nuts, cheese and rich sauces. But the strictest regimen of diet will be of little avail if you permit yourself the occasional indulgence

in ice cream, pastry or candy. "Just one tiny piece" will set you forward a good many ounces. If you are in earnest about diminishing your weight, a moment of pleasure derived from a sweet tidbit is not worth while.

BATHING is the next important thing. Consider the bath as an imperative act on each day's program. Use hot water to induce perspiration, for that is the method by which the skin discharges fat. The action of skin alone cannot accomplish reduction of the flesh. Bathing without exercise to keep the skin firm will produce softened flesh, flabbiness, and wrinkles. Follow the hot bath with a cold shower to close the pores and keep the skin firm during the lessening of weight.

External cleanliness must be supplemented with internal cleanliness. Keep the digestion in order and never permit the system to become constipated.

If diet and bathing are not accompanied by exercise, a disfiguring softening of the flesh will occur at the waistline, at the upper arms and under the chin. And what is more conspicuous an advertisement of matronliness?

BENDING EXERCISES are advisable to overcome loose rolls of flesh at the waistline. Stand before your open window. Inhale deep draughts of fresh air. Bend the trunk forward ten times, returning each time to an erect position. Then ten times to the right and ten times to the left. You may not be able to do it ten times at first—you may be able to do it more than ten times afterward. But bending at the waistline is an invaluable exercise for making the flesh firm. Try touching the floor with your fingertips when you bend. You will be surprised how much easier it is each time you try. Then raise the arms above the head, forward and sideways, lowering them each time at the sides. Do not throw the head forward when practicing this exercise, but keep the

chin drawn in well and the head and chest high.

THE DOUBLE CHIN adds age and subtracts beauty from the face of the woman who is guilty of *avoirdupois*. Yet a double chin can be overcome. As a part of your exercise every morning, lift the head fifty times, stretching the muscles of the neck. Massage the chin with firm, light strokes and after the massage apply ice wrapped in a thin muslin on which a few drops of benzoin have been poured. Always remember to hold the head high. Sleep with a low pillow.

THIS IS THE NATURAL WAY to lose flesh. Nature never breaks speed laws. She is slow but certain. Do not become discouraged in a few days and relax your persistence. If you are insistent about becoming slender, you must be persistent in the method of achieving slenderness. Do not expect to find the scale register less every day. If you attempt to lose weight too suddenly you will lose strength and health also. Do not be induced to hurry by glowing testimonials of successful flesh-reducing medicines. Medicines are within the province of a doctor. Do not attempt to prescribe for yourself or let your friends prescribe for you. Abstinence from flesh-producing foods, cleanliness, fresh air and exercise constitute Nature's flesh reducing regimen. If you believe that Nature needs outside assistance, consult a doctor. If you have faith in the inevitable laws of Nature, follow the rules and grow thin.





Copy by: Estelle Hamburger

LIBRARY OF CONGRESS



0 034 076 594 1